

30th Medical Brigade Family Readiness Group (FRG)



Victory Medics – One Team!

“One Unit One Family”

HHC Family Readiness Group Leaders:
victory_medics@yahoo.com

Family Readiness Liaison - HHC
06221-17-2550

Family Readiness Liaison - HHC
06221-17-2702

Staff Duty 06221-17-2840/2661

Rear Detachment Commander - HHC
06221-17-2810

First Sergeant - HHC
06221-17-3154

Brigade Family Readiness Support Assistant
06221-17-2463

Brigade Rear Detachment Commander
06221-17-2529

Website:
<http://www.30thmed.army.mil/Sections/FRG.htm>

Benefits of FRGs

The family member. Units FRGs foster a sense of belonging to the unit and community, and provide a vehicle for families to develop friendships while they gain information about the unit and community. In addition, they provide information and referral, and share support during deployments. Through successful FRG efforts, many spouses have developed a more positive attitude toward themselves, a better understanding of why deployments are necessary and the Army mission to maintain readiness.

The Soldier. FRGs provide support that communicates command caring, integrity of care, and as open and honest communication as possible. This allows Soldiers to trust in that care, which enables them to concentrate on the mission at hand, and have the emotional readiness to carry out that mission. FRGs help develop a confidence in soldiers that family members will receive reliable and friendly support when the soldier is away. This can be a meaningful stabilizer for Soldier performance in the unit, and an enhancer of training and psychological readiness to fight.

The unit commander. FRGs and the resources they have available to them in the command structure can assist in developing resilient families that are better able to cope and function in times of separation and/or crisis. A unit FRG affords increased levels of confidence, commitment, and a sense of well-being among soldiers and family members, and the potential for fewer training distracters. The FRG can contribute to unit cohesion and soldier readiness. A well functioning FRG can minimize family distracters conserving the unit commanders' time and resources (psychological, social, and budgetary) for military purposes by making referral to other agencies. Through prevention and education programs and family activities, FRGs can help families overcome problems that are likely to impact adversely on Soldier performance.

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This is what the 30th Medical Brigade FRG offers to you:

- Monthly meetings
- Monthly activities: Thanksgiving Dinner, Game/Craft Day's, Spring Fling, etc.
- Hospitality: Each new member of the unit receives a "Welcome Packet with an Alarm Clock".
- Information: The FRG will provide you with information as needed related to deployment and basic military life.
- Yellow Ribbon Room
- And more!